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封面故事：傑出小戰士專訪 Cover Story: Interview with an Outstanding Little Life Warrior

活出精彩新生 決與勞工同行

Living a Brilliant Life, Shoulder to Shoulder with the Workers

他曾經患上骨肉瘤（當時稱為骨癌），接受了長達一年的治療；他曾經是姑娘眼中的麻煩小子，晝夜與其他病友在病房休息室看電視；他也曾經過著封閉的人生，生活圈子只餘下自己。後來，他加入香港職工會聯盟（職工盟），帶領不同的工會組織工業行動，成為勞工的同行者。今天的他，決意將工運知識傳授予不同的持分者，令社會更多人認識工會。

He was diagnosed with osteosarcoma (then called bone cancer), and received treatment for a year. To the nurses, he was a troublesome boy who stayed up at night watching television with other patients in the ward. However, he felt lonely at times, and isolated himself from his friends. After graduation from CUHK, he joined the Hong Kong Confederation of Trade Unions (CTU), led various labour union activities, and became an advocate for the workers. Today, he is determined to pass on his knowledge to his colleagues and fellow workers, as well as to educate the stakeholders and the general public to increase the awareness of labour unions.



病中難抵孤單感

何偉航是一名骨肉瘤康復者，12歲那年確診。那時，他走路常常一拐一拐，但家人都沒察覺問題，直至一次偉航在梯間絆倒，直痛了幾個小時，於是到醫院作詳細檢查，才發現右腳長了一個腫瘤。之後的一年，偉航接受手術切除發現腫瘤的那截骨，並換上屍骨，再接受一連串艱苦的化療。偉航記得，由於當時年紀尚少，還未太懂得擔憂這個病，直至第一次接受抽組織化驗後因不小心跌倒而令腳骨折斷，往後個多月需安裝外露鐵架支撐整隻腳，偉航才開始意識到這個病並非一朝一夕可以痊癒。

患病後整整二十年，偉航憶起當時的情境，最忘不了是那份孤單感。偉航憶述：「治療過程固然艱辛，例如做完手術後拆線時真的會痛得放聲大叫，又如落藥後會令人昏昏沈沈，吃下肚的食物甚至連黃膽水也統統吐出來。但是，得到家人的支持，這些痛苦都可以捱過，反而最難捱過的，是獨自承受著的一份孤單感。我喜歡讀書和做運動，生病那一年卻需停學，也不能做運動，而且那段時間常常在病房留醫，沒什麼朋友，頓然感覺孤寂。還記得那時我睡在病床上，眼睜睜看著天花板，卻想不到有什麼可以做，生命在那一刻彷彿了無意義。」

Battling the sense of loneliness

Ho Wai Hong Stanley recovered from osteosarcoma. He was diagnosed when he was 12 years old. At the time, he often walked with a limp, but his family did not notice the problem until Stanley stumbled on the staircase and was in pain for a few hours. He went to the hospital for a detailed examination and they found a tumour in his right foot. The following year, Stanley underwent an osteotomy to replace the bone where the tumour was, then received a series of harsh chemotherapy treatments. Stanley recalls that due to his young age, he was unaware of the seriousness of the disease until shortly after his first biopsy, he accidentally fell down and fractured his foot. He needed a metal support for the foot for the next few months. Stanley finally began to realise that the disease could not be cured overnight.

After two decades of illness, Stanley remembers that at the time, the most unforgettable memory was the sense of loneliness. Stanley recalled, "The course of treatment was difficult. For example, after the surgery, taking out the stitches was so painful, I could not help screaming loudly. Also, the medicine made me so drowsy. I could not hold any food down, and even vomited yellowish liquid. However, with the support of my family, these pains could be endured, but the most difficult thing to endure was the feeling of loneliness. I like reading and playing sports, but the sickness made me miss school for a year and I could not play any sports. During that time, I often stayed in the ward for medical treatment. I had no friends, and I felt so lonely. When I was in bed, watching the ceiling, I could not think of anything I could do. At that moment, life seemed meaningless."

踏上工友同行路

尋找生命的意義，是驅使我們繼續向前的動力，對於偉航來說，也不例外。生病時忍受著無盡孤單，偉航在康復及畢業後，嘗試在社會尋覓一份活出意義的工作，輾轉間到了職工盟工作，一做便是七年。在那裡，他不只找到無窮的滿足感，更探索到生命的意義。

一開始在職工盟工作時，偉航任職組織幹事，負責與不同工會的工友溝通交流，了解他們的真正需要，這正好切合偉航喜歡結交新朋友，並和他們一起拆解問題的性格。偉航說：「我向來喜歡與人交流，擔任組織幹事時，我幾乎每天都與不同的工友溝通，發現每一位工友背後都有自己獨特的故事，但他們同樣擁抱一個理想，就是透過工會改變自己的命運及生活。」自覺是一名幸運的組織幹事，偉航曾與工友開展過不同的行動。看到工友自發參與，事事親力親為，偉航便覺得一切辛苦皆有意義。偉航回想：「每次開展行動，我都感覺到有人同行那種溫暖而又實在的感覺。工友向來走得又快又急，但我因做過手術而有長短腳問題，行動不便，出入需攙扶拐杖，所以不敢走太快，以防跌倒。雖然我走得慢，但每次因為開展行動而需與工友開會商討時，工友總會跟我說：『你慢慢走，我們會等你。』那一刻，同行的感覺油然而生，教我一輩子難忘。」

以為基層爭取公義為初衷，偉航選擇了在職工盟任職組織幹事，幫助工友透過職工會保障個人的勞工權益，如假期，退休保障、職業安全等。然而，因為這份工作對體力的要求較高，偉航自知身體未必可以長久支撐下去，於是三年多後，他轉職為職工盟的教育幹事，一方面可透過新嘗試帶來更多衝擊，另一方面則希望透過細水長流的工作，以不同模式讓市民認識工運。偉航就曾與專業監製周博賢合作，出版了解釋工運的唱片《野火》，希望喚醒港人關注自身的勞工權益。偉航娓娓說道：「我最大的心願是《眾人皆工人》，不論人工高低，工種有別，只要是打工仔，勞工權益都應該受到重視。」

Starting down the path with workers

The search for meaning in life is the drive that pushes us forward. Stanley was no exception. He endured endless loneliness when he was sick. After his recovery and graduation, he tried to find a job with a purpose in the community. He then found a job at CTU and he was there for 7 years. He not only found endless satisfaction there, but also explored the meaning of life.

When he started at CTU, Stanley was an organiser, responsible for communicating with workers in different labour unions and understanding their real needs. Making new friends and solving issues with them suited Stanley's personality. He said, "I have always liked interacting with people. As an organiser, I communicated with different workers almost every day and found that every worker had his/her own unique story behind them, but they all had one hope, that was to change their destiny and life through labour unions." Aware that he was a fortunate organiser, Stanley worked with workers to launch various actions. Watching the workers participating and taking matters into their own hands, Stanley felt that all his hard work was worthwhile. He recalled, "Each time when I launch an action, I feel the warmth and reality of being together with others. Workers often walk quickly, but because of the surgery, my legs are different lengths, so it is difficult for me to walk fast. I need a cane to walk and I do not dare to walk too fast because I might fall. Although I always follow slowly behind the workers when we have a meeting before launching an action, the workers says to me, 'Don't worry! We will wait for you.' The feeling of being together with others starts from there and I will never forget that."

With the original intention of seeking justice for the grassroots, Stanley chose to be a CTU organiser to help workers protect individual labour rights and benefits, such as holidays, pension, occupational safety and so on. However, because this job was physically demanding, Stanley knew that his body would not be able to take the strain over the long term. After three years, he changed role to be an education officer with the CTU. On the one hand, the new approach could have more impact, and on the other hand, he hoped that through gentle but persistent hard work, he could enable the public to understand the workers' movement in different media. Stanley once cooperated with a professional producer, Adrian Chow Pok-yin, and released a record named "Wild Fire" that explains the workers' movement. They hope to raise Hong Kong people's awareness of their labour rights and interests. Stanley said, "My greatest wish is 'all people are workers.' Whatever your salary and whatever work you do, as long as you are an employee, your labour rights should be taken seriously."



偉航在不同時期加入不同的團契，與一起成長的一群弟兄姊妹感情要好 Stanley joining different Christian associations in different times and he has good relationships with the brothers and sisters at the associations

活出基督的樣式

偉航病後曾經有好一段時間極其自閉，鮮與外人溝通接觸，但今天卻能與工友交流分享，面對大眾更可以侃侃而談。原來偉航冰封的心得以融化，重新與社會結連，積極參與社會事務，全賴信仰的支持。偉航以往就讀基督教中學，正因這個緣故，他病後重回中學便開始跟老師上團契，接觸聖經，後來更上教會，成為了基督徒。最初，偉航只道基督徒應該遵從上帝的律令，每日靈修祈禱，直至上大學參加了專上學生福音團契及中大團契後，他遇到一群非常關心社會的基督徒幹事，明白信仰應該是活的，更應該在生活中實踐。偉航解釋：「聖經舊約彌迦書提到『行公義，好憐憫，與你的神同行』，就是要我們抱持公義，同時關心社會的弱勢社群，與他們同行，了解他們的切身需要。」自從加入了大學的團契後，偉航明白只有將基督所說的道理在地上實踐，才可真正活出基督的樣式，於是他開始走入群眾，了解這個世界，並跟團契內的其他同學一起參與不同的社會事務，如最低工資運動，反世貿運動等等。參與這些運動帶給他很大的啟迪，令他反思全球自由市場帶給基層的一些不公平現象，埋下了為勞工基層服務的種子。

一路走來，偉航認為信仰帶給他很大的動力，沒有這份信仰，他未必可以走過封閉的陰霾，做為所當為的事情，堅定地在人間活出基督的樣式，與工友同行，為基層發聲。

患病帶來的啟示

從患病康復過來，偉航回望當年，深深感受到陪伴同行的重要，他細細回憶道：「還記得當年住在病房時，有一位從教會來的敏思姐姐，常常來陪伴我，替我買喜愛的書、漫畫、唱片等。從那時起，我打從心底感受到有人陪伴是多麼的好。」

或許，就是少年時親嘗有人陪伴同行一起跨過困苦の滋味，偉航特別明白癌症病童的感受和需要。他認為香港政府固然需要增加對病童的支援，例如增加長期服用藥物的資助、簡化輔助器具的申請手續或提供更多專門的心理輔導等，不過「天助自助者」，最能幫助病童的人絕對是病童自己，而幫助的方法正正是「陪伴同行」。所謂陪伴同行，並非只是找個人坐在病童身邊，而是為前線病童或家長創設交流的平台，讓他們結連一起，互相陪伴對方打這場硬仗，並在促進者的推動下分享個人感受。透過分享，病童和家長都會更清楚自己的需要，也可以得到更大的認同感。

患病時經歷過孤單，從陪伴中得到慰藉，偉航深明當一群有相同經歷的人一道同行，便有如一紮捆起來的竹，力量培增。其實，這與開展工業運動的道理正好一樣，面對窘迫，單打獨鬥從來困難，只有建立平台，讓有相同經歷的人凝聚一起，才可以透過互助、關愛和分享，散發正能量。



Living the Christian lifestyle

By his own admission, Stanley kept himself to himself for a long time after he was sick and he seldom got in touch with the others. The thing that melted Stanley's frozen heart and allowed him to connect to the community and actively participate in public affairs was his faith. He attended Christian High School. After he got sick, he returned to his high school to attend fellowship with his teachers. He started to read the Bible, then later went to church and became a Christian. At first, Stanley only knew that Christians should follow the law of God, give their daily prayers and devotions. After attending the College Students Evangelical Fellowship and CUHK fellowship at university, he met a group of Christians who were very interested in society. He then understood that faith is dynamic and should be practiced in everyday life. Stanley explained, "The Old Testament, the Book of Micah, talks about 'walking righteously, mercifully, and walking with your God' which means that we should hold on to the ideal of justice while caring about the underprivileged groups of the community and be with them to understand their needs." After joining the university fellowship, Stanley realised that only through implementing Christ's teaching could one live the Christian life, so he began to spend more time with other people and understand the world. With other students in the fellowship, he participated in different public affairs such as the minimum wage movement, the anti-WTO movement, and so on. His involvement in these movements has given him great inspiration, as they made him reflect on some of the inequities brought about by the global free market. That planted the seeds for serving grassroots labour.

Along the way, Stanley believes that faith has given him great motivation. Without this belief, he might not have been able to walk away from the shadows and live firmly in the Christian style, to be with the workers, and be a voice for the grassroots.

Enlightenment from illness

Stanley recalls the importance of peers when he was recovering from the illness, "When I was living in the ward, sister Man-Si from the church often accompanied me, bought me my favourite books, comics, records, etc. Since then, I can feel in my heart how good company can be."

Maybe due to this first-hand experience of being accompanied by someone through hardship, Stanley is particularly aware of the feelings and needs of children with cancer. He believes the Hong Kong Government certainly needs to increase the support for sick children, such as increasing the funding for long-term drug use, simplifying the application procedures for assistive devices, and providing more specialised psychological counselling. Yet, "God helps those who help themselves". The children are the ones who can help themselves the most. The best way to help them is to keep them company. That does not just mean finding a person to sit next to the sick child, but creating a platform for sick children or parents to connect with each other and to accompany each other through the tough times. Through sharing, the sick children and parents will be more aware of their own needs, and they will also get a greater sense of identity.

After experiencing loneliness during the illness and getting comfort from companionship, Stanley understands that people with the same experience can support each other, the way a bundle of bamboo is stronger than a single stick. Actually, carrying out the labour movement has the same rationale. Obstacles are difficult when they are fought alone. Only by building a platform for people with similar experiences to get together can they release positive energy through mutual assistance, caring and sharing.



偉航曾於 2014 年代表本會參與有關兒童癌症的國際會議 Stanley representing LLWS to attend international conference about childhood cancer in 2014



偉航患病時與家人及親戚合影 Stanley with his family members and relatives when he was sick

堅守公義的道路

工運在社會並不是主流，開展的過程總會遇到大大小小的困難，但憑著患病的歷練，今天的偉航不怕痛，不怕苦，也不怕悶，遇到挫折時靠著信仰和毅力，總能咬緊牙關撐下去。患病的經歷，亦令偉航感受到同行可以戰勝孤單，從此更加一往無前踏上守護基層及勞工的路。在這條路上，偉航明白很多事情並非一朝一夕可以解決，但他知道，宏偉的願景需由許多小目標編織出來，所以他現正從小目標著手，希望從小處喚醒社會對工會的關注。偉航相信，堅持便會有希望，為了達成心中所想，他正努力堆疊一座座小山丘，待紮穩根基後，便能逐步將小山丘串連成一片廣闊的景象，為工友帶來更多保障。

人生仿如一次航程，而航程是否壯偉，則視乎你以什麼信念面對迎面而來的逆流、波折或暗湧。抱著堅守公義的信念，偉航在他今後的航程裡，必定會繼續與基層及勞工步步同行，為他們建設合乎公義的社會。

To stand firm on the road to justice

The workers' movement is not in the mainstream of this society. In the beginning, one encounters difficulties of all sizes, but with the experience of the illness, Stanley does not fear pain now, nor is he afraid of suffering or boredom. When he encounters frustration, he can rely on faith and perseverance to keep going. The experience of the illness also makes Stanley feel that being with others can overcome loneliness. Since then, he has been even more determined to go on the road to protect the grassroots and the workers. On this road, Stanley understands that many things cannot be resolved overnight. However, he knows that his ambitious vision will only be realised by accomplishing many small goals. Therefore, he is starting from small goals and hopes to raise the public awareness of labour unions little by little. Stanley believes that persistence brings hope. In order to reach his vision, he is working hard to build small hills. Once he has a foundation, he can gradually connect the hills into a vast landscape and bring more protection to the workers.

Life is like a journey. The magnificence of your journey depends on your faith when you face difficulties and obstacles. With his faith in upholding justice, Stanley will certainly continue to be with the grassroots and the workers every step in his future journey to build a just society for them.



第三屆「傑出小戰士選舉」得獎者簡介

About the Awardees of the 3rd "Outstanding Little Life Warriors Award"

傑出小戰士 Awardees	成就 Achievement	所屬醫院 Hospitals
關兆賢 KWAN Siu Yin Marvin	13 歲患上腦瘤，於 2016 年取得建築學榮譽理學士學位，現於香港則樓工作，正準備修讀建築學碩士學位課程。Diagnosed with brain tumour at the age of 13, Marvin graduated with a BSc in Architecture (Hons) from the City University of Hong Kong in 2016. Marvin now works in a local architecture firm and is planning to study a MA programme in Architecture.	瑪麗醫院 QMH
黃可欣 WONG Ho Yan Mary	9 歲患上橫紋肌肉瘤，之後亦曾患上其他癌症，其中一次更需切除右肺，康復後繼續學業，並於香港大學完成建築學學位課程，現在是一位室內設計師。Mary was diagnosed with rhabdomyosarcoma at 9 and suffered from other forms of cancer afterwards with her right lung excised during one of the episodes. After recovery, Mary continued her studies and completed a degree programme in Architecture in The University of Hong Kong. She is now an interior designer.	瑪麗醫院 QMH
盧靄珊 LO Hoi Shan Angeline	11 歲患上惡性纖維肉瘤，康復後立志成為醫生，現在是腸胃肝科專科醫生，除了醫治病人，亦兼任教學工作。Angeline was diagnosed with fibrosarcoma at the age of 11. She aspired to be a doctor after recovery. Now, she has already become a specialist in gastroenterology and hepatology. In addition to treating patients, she also takes up teaching duty.	瑪麗醫院 QMH
何偉航 HO Wai Hong Stanley	12 歲患上骨肉瘤，後於中文大學畢業，並在香港職工盟先後任職組織幹事及教育幹事，致力服務勞工界。Stanley was diagnosed with osteosarcoma at 12. He later graduated from The Chinese University of Hong Kong and worked as an organiser and education officer at the Hong Kong Confederation of Trade Unions. He is devoted and dedicated to serving the labour sector.	威爾斯親王醫院 PWH
周宏基 CHOW Wang Kei	12 歲患上骨肉瘤，康復後學習游泳，成為香港殘疾人奧委會暨傷殘人士體育協會的成員，參與不同的國際泳賽，多年來成績彪炳。CHOW was diagnosed with osteosarcoma at 12. He started learning swimming after recovery and became a member of the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled. CHOW has taken part in numerous international swimming competitions and achieved remarkable results in different events.	瑪麗醫院 QMH

QMH: Queen Mary Hospital PWH: Prince of Wales Hospital

除了五位傑出小戰士，評審委員會亦選出以下六位表現優異的參選者為「優秀小戰士」：In addition to the five Outstanding Little Life Warriors, the Judging Panel also selected six participants who showed excellent performance to be the "Excellent Little Life Warriors" as follows:

- ★ 賴凱霖 LAI Hoi Lam
- ★ 麥家愨 MAK Ka Yan
- ★ 林小芬 LAM Sio Fan
- ★ 張德傑 CHEUNG Tak Kit
- ★ 林詩汶 LAM Sze Man
- ★ 歐昊樺 AU Ho Wa



五位傑出小戰士與頒獎嘉賓陳肇始教授(中)及是次選舉的評審委員會主席胡定旭教授(左三)The five Outstanding Little Life Warriors and the award presenter, Prof. Sophia Chan (middle) and Prof. Anthony Wu (left third), Chairman of the Judging Panel for the election

六位優秀小戰士與頒獎嘉賓陳志峰教授(左)、鄧婉穎女士(中)及梁廷勳教授(右)The six Excellent Little Life Warriors and the award presenter, Prof. Godfrey Chan (left), Ms. Mimi Tang (middle) and Prof. Leung Ting Fan (right)

* 如欲得知更有有關「傑出小戰士選舉」的詳情，可瀏覽本會網頁 https://www.llws.org.hk/language/zh/outstanding_little_life_warriors_list_zh/

* More details of the "Outstanding Little Life Warriors Award" are available at <https://www.llws.org.hk/language/en/outstanding-little-life-warriors/?lang=en>

兒癌治療期間及後的飲食照顧

Cancer Children's Dietary Needs and Care During and After their Medical Treatment



不少家長對照顧治療期間及完成治療的孩子之飲食常有很多問題，原來，在兒童癌症病房裡，有接近一半的病童都有營養不良的風險！以下列出了癌症病童的一些飲食需要，幫助家長了解照顧孩子時要留意的地方。

在一般情況下，如果身體許可，病童應多補充高熱量及高蛋白的食物。營養充足對抗癌有如下好處：

- 減少體重下降
- 增強抵抗力及免疫力
- 增強對治療的承受力
- 有助復元

如果胃口欠佳，可飲用富有維他命及礦物質的果汁（菠蘿汁或檸檬汁可助開胃），飲用營養奶粉或蛋白粉，少食多餐。

有些病童除了胃口不佳，更要面對口腔潰瘍的問題，實在令家長憂心頭痛。面對這情況，家長煮食時要謹記食物必須稔、濕、潤、滑、爽，溫度要適中，而孩子必要時可以吸管吸吮液體，減少刺激口腔黏膜，亦可多飲石榴汁、梨汁等。

病童亦應避免進食內臟，還有貝殼類食物如蜆、螺、青口及蠔；發酵食物如蝦膏蝦腐、南乳及豆豉；醃製食物如鹹魚、鹹蛋等等。

除了進食高蛋白及高熱量食物，病童亦應每天進食五份不同的水果及蔬菜。

如果小朋友戒食某些食品，便必須要從其他食物中補回相同的營養。另外，家長要注意食物衛生，亦切忌強迫病童進食啊！

Many parents have questions on how to take care of their child's diet during and after their medical treatment. In the Children's Cancer Ward, as many as half of our inpatients are at risk of malnourishment, which makes it a very alarming matter. Below we explain some dietary needs of child cancer patients so that parents can have a better understanding of how to take care of their children with cancer.

If the patient's physical condition is up to scratch, higher calories and protein are recommended in their diet. Patients benefit from higher calories and protein to combat cancer by:

- Reducing weight loss
- Improving their immune system
- Increasing the capability to receive particular treatments
- Speeding the process of recovery

If your child has a very low appetite, juice enriched with minerals and vitamins is recommended; pineapple juice or lemon juice can increase your child's appetite too. You might want to consider taking nutrition formula or protein powder. Remember to have smaller but more frequent meals.

In addition to appetite loss, some children also suffer from bad mouth ulceration. This certainly causes pain not only to the child but the parents as well. In this case, food should be moist and smooth. You should be aware of the temperature; you don't want your food too hot. You might want to use a straw to assist your drinking or even eating if necessary. This will reduce irritation to your membranes. Pomegranate juice and pear juice are recommended for ulcerated patients.

You should avoid organ meats, shellfish, fermented food and processed food.

Apart from high calories and high protein food, patients need at least five different kinds of vegetables and fruits.

If your child needs to avoid a particular food, he or she will then need to replace those nutrients with other foods. Please be aware of food hygiene, and never force your child to eat.

* 個別病例以主診醫生建議為準。

** 上述資料摘錄自威爾斯親王醫院營養師簡婉雯小姐為本會主講的營養講座。

* Each patient should consult their physician or other health care professional.

** The above information is extracted from the nutrition talk given by Ms. Ingrid Kan, dietician at PWH for LLWS.

最新搞作
The Latest Programmes

「傑出小戰士」聚會

Gathering for “Outstanding Little Life Warriors”

本會舉辦「傑出小戰士選舉」，除了嘉許一群勇敢面對人生的癌症或嚴重血病康復者之外，也希望這群傑出小戰士將來可以透過自身經歷鼓勵社會大眾，並在兒童癌症及嚴重血病的領域作出貢獻。為此，我們於 10 月 21 日舉辦了第一次「傑出小戰士」聚會，邀請各獲獎者出席，一同以輕鬆形式探討如何回饋社會，並就病人服務、社區服務及生命教育三方面提出各自的看法。聚會過後，部分傑出小戰士更成立了核心小組，準備一起籌劃各式各樣的活動。

我們衷心期盼各位傑出小戰士能夠以你們的獨特經歷，鼓勵社會有需要的人士，積極面對挑戰；透過分享燃起更多人的鬥志，同時喚起社會對需要支持的病童的關注。

The “Outstanding Little Life Warriors Award” aims to honour our little warriors for their courage and resilience, to encourage other people with their own experiences, and to make contribution to matters relating to childhood cancer and severe blood disease. In light of that, LLWS organised our first ever gathering for our “Outstanding Little Life Warriors”, where they could share their ideas on ways to contribute to society, specifically in the spheres of patient services, community services and life education. A core committee was formed after the gathering for the planning of coming events.

The LLWS is so proud of what our “Outstanding Little Life Warriors” have achieved. We hope that they will be able to inspire others with their unique experiences and help raise public awareness of the needs of sick children and make a difference!



一眾傑出小戰士進行分組討論 The Outstanding Little Life Warriors engaging in the group discussion



參加聚會後，傑出小戰士有什麼感想？

How do our Outstanding Warriors feel after the gathering?



鄺澤偉 Charlie Kwong

透過與一眾志同道合的傑出小戰士聚會，我了解到社會不同人士對支援兒童癌病的看法，從而能夠集合眾人力量共同籌辦活動，喚起社會對兒童癌病的關注。

Through this meeting, I realised the strength of unity. Different stakeholders hold their own views, yet we are all trying to work towards the same goal. I hope that we would be able to work as a group and raise public awareness of children's cancer.



潘俊圖 Brian Poon

經過第一次小組討論後，一眾傑出小戰士都有相同目標，希望能夠增加對病童和家人的服務，同時面向社會，推廣生命教育。這次聚會成功凝聚一群熱心的小戰士合作籌組活動，傳承生命小戰士會的精神。

After the first meeting, we found out that we all have the same goal in providing services to our fellow warriors and their families. We would also like to promote life education in the community. This gathering helped bring us all together and pass on the legacy.



翁慕德 Ruth Yun

這次聚會提供平台，讓一眾傑出小戰士一同討論如何透過自身的影響力鼓勵社會大眾。希望將來可以繼續定期聚會，訂立具體目標，然後一同組織活動。相信透過這些活動，我們都可以跟參加者一同重新思考和探索生命。

The gathering helped us realise that we as little warriors have a great social impact, and that we can really make changes. I hope that we would continue to have such regular meetings and hold different activities to inspire others to think about the meaning of life.



歐君孝 Au Kwan Hau

要做好一件事情，往往取決於你以什麼心態面對。我希望以良好的心態與諸位小戰士一同努力，籌辦不同的活動，達到鼓勵社會大眾的目的。

Whether a task can be completed depends on the attitude you take. I wish to take a good attitude to work together and organise various activities with other little warriors so as to achieve the aim of encouraging the public.

譜奏生命樂章 — 青年組「戰士樂隊」

Strumming the Rhythm of Life – Youth Group “The Warriors”

小戰士在治療期間，總會認識到一班出生入死的親密戰友，然而當康復過來，成長以後，大家都會各有所忙，難以聚首。這群長大了的青年各有獨特的經歷。這些經歷不僅成為他們成長的印記，或許更影響著他們往後的人生或想法，很值得與人分享。為此，我們最近積極聯繫這群青年，組織活動，更為他們成立了一隊名為「戰士樂隊」的樂隊，希望他們能夠用音樂及歌聲唱出自己的故事，鼓勵尚在病榻的病童及他們的家人。

今年7月，我們已為樂隊的成立準備就緒，更率先舉辦郊遊活動，與青年組成員聯誼。最近，「戰士樂隊」終於結集成軍，並正式練習。期盼在不久將來，樂隊能夠在不同的舞台透過音樂述說自己的經歷，鼓勵社會大眾即使身處逆境，仍然要迎難而上。

各位青年朋友，你們的每一段經歷都是獨一無二、鼓舞人心的故事！如果你們有興趣了解本會的青年組或「戰士樂隊」，歡迎與我們聯絡。期待你們加入青年組的大家庭，一同譜奏生命的樂章！



「戰士樂隊」第一次練習 1st practice of “The Warriors”

Our little warriors come from all walks of life, but are bonded together by their diseases. As they recover and go their separate ways, it is often hard for them to find time to get together. Their experience during childhood has made them strong and shaped them into who they are today. Now the children have grown into teenagers with their voices waiting to be heard. With this idea in mind, we have decided to bring them together to form a band named “The Warriors”, hoping that their unique stories may serve as encouragement to other little warriors and their families through music.

In July, the formation of the band was well prepared. We also had an outing with the warriors before our band had its first practice. We hope the band will soon be able to tell its own experience with music on different stages, encouraging others to stand tough even in the face of adversities.

Lastly, a big shout out to all the teens out there, you are all special in your own way. If you are interested in joining our band, please do not hesitate and find us! Let us strum together the rhythm of life!

「戰士樂隊」已經完成第一次練習，各成員對樂隊有什麼期望呢？

How do our “warriors” feel after their first band practice?



伍洛衍 Laura Ng

希望可以快點創作屬於我們的歌曲，唱出我們的故事，鼓勵其他病友及香港人。

I hope that we would be able to write our own music to tell our own stories, and to give encouragement to other warriors and people of Hong Kong with our music.



方家鏞 (方包) Bread Fong

第一次跟其他小戰士夾 band，很開心又興奮。夾 band 跟夾人一樣，每個人的進度及程度未必一樣，需要互相遷就，更要加點愛心，達至互助互愛。希望樂隊各人能一起努力！

It is very exciting to be in a band with my fellow warriors. We have to learn to work in harmony and care for each other. Let us work together and perform great music!

活動剪影
Event Snapshot



「愛 · 童夢」

2017 年週年議會暨聯歡會 2017

Annual General Meeting cum Annual Gathering “Love • Our Children's Dreams”

每年暑假，本會都會舉辦週年議會暨聯歡會，邀請久違了的小戰士及他們的家人一同參與。各小戰士及家長平日都各有所忙，鮮有機會重聚，因此每年的盛會總是濟濟一堂，熱鬧非常。今年也不例外，有接近三百位小戰士及他們的家人、醫護人員及義工出席本會於8月6日舉行的週年議會暨聯歡會，與到場支持的嘉賓一同欣賞連串精彩節目。

當日首先舉行週年議會，由本會主席陳慧兒女士匯報本會過去一年的工作，加深小戰士對我們的了解。報告過後，聯歡會便正式開始。今年聯歡會的主題是「愛 · 童夢」，希望鼓勵小戰士懷著永不放棄的心朝夢想進發，那麼終有一日，夢想就不會再是遙不可及，而是近在咫尺。會上首先頒發第三屆「傑出小戰士」獎項予五名得獎者，並透過他們的分享為台下的小戰士打氣，希望他們都能夠堅持自己的信念，成功追夢。分享過後，便由生命小戰士合唱團獻唱“So Much in Love”及《千個太陽》兩首歌。本會更邀請了名譽贊助人胡定旭先生、一眾醫護及家長一同參與，藉此帶出「醫患同心，共抗病魔」的訊息。

Every summer, we invite our little warriors, their families and our honoured guests to our Annual General Meeting cum Annual Gathering to celebrate and witness the progress of our organisation. With everyone's packed schedules, this is a rare opportunity for our community to reunite. On 6 August, we were delighted to have 300 of our little warriors and their families attending the event, making our gathering an undoubted success.

The Annual General Meeting commenced with a presentation by our chairperson, Ms. CHAN Wai Yee Ois on LLWS's work of the past year. The theme of this year's gathering is “Love • Our children's Dreams”, hoping that our little warriors will move forward with passion to fulfill their dreams someday. After the presentation of the 3rd “Outstanding Little Life Warriors Award”, the 5 awardees shared their successful stories with our little warriors, reassuring them of their own ability to pursue their aspirations. Following the sharing, the LLWS Choir performed “So Much in Love” and “A Thousand Suns” along with Prof. Anthony Wu, our LLWS Honorary Patron, fellow medical professionals and parents of our little warriors. Through the performance, we hope to convey the message of “fighting against the disease by cooperation between medical professionals and patients”.





生命小戰士合唱團獻唱 Performance of the LLWS Choir

演出完成後，便到了全日最精彩的環節——話劇表演，講述一群森林小戰士如何團結一致，幫助森林裡被怪獸欺負的小動物，而受過幫助的小動物又如何與這群小戰士一同支援更多更多的小動物。透過話劇，本會希望帶出「同心互助」的精神，令大家明白只要各位小戰士能夠互相支持鼓勵，一定能夠闖過面前的難關，活出新生！

話劇表演後，便輪到青年組夏威夷小結他隊彈奏“Faded”，歌曲寓意各人努力尋找遺失了的夢想。當晚雖然是結他隊首次獨立演出，但各隊員都非常鎮定，彈出平日水準。彈奏完畢，台下即報以熱烈掌聲，令他們信心大增。

小結他隊演出後，本會邀請深圳生命小戰士會的成員上台，分享他們在深圳為病童開展服務的寶貴經驗，希望藉此促進香港及國內小戰士的交流及了解，並將互助的平台延展至國內。

我們相信，每一個人都應該擁有夢想。各位小戰士，你們都要抓緊自己的夢想啊，因為夢想就在你們每一位的心中。乘著夢想，你們每一位都必定可以踏足星光閃爍的太空！

The highlight of the day came with a spectacular drama performed by our little warriors. It's a story about how a group of little warriors in a forest work together to help their animal friends fight against a terrible Monster, and how they join hand to break the cycle of bullying. We hope to convey the message of mutual support to our little warriors through the drama. We can overcome any challenges and live a better life as long as we have each other's support!

After the drama, we had our very own Teenage Ukulele Group's debut performance of “Faded”, a song about finding lost hope and dreams. They gave an exceptional performance despite being on stage for the very first time! The applause that rang through the hall surely gave them a boost of confidence and encouragement.

We also invited the Shenzhen LLWS to share with us their valuable experience of their work in Shenzhen. This was a great opportunity for us to learn from each other and grow as an organisation. We wish them all the best and that their services will benefit more children in the mainland.

The gathering was a huge success thanks to the hard work of everyone involved. We believe that the dreams we cherish will drive us to live our lives to the fullest. Our little warriors, please hold on to your dreams as all your dreams will eventually come true.



回顧
Review

驪歌高唱 — 歡送梁永堃醫生

A Farewell Song for Dr. Leung Wing Kwan Alex



梁醫生深受小戰士的愛戴 Dr. Leung is loved by our little warriors

10月26日，本會與一眾醫護、家長及同事舉辦了一個歡送會，送別即將離任的梁永堃醫生。

梁醫生是威爾斯親王醫院兒科部門的資深副顧問醫生，對病童關懷備至，深受小戰士及家長愛戴。除了專注醫療工作，梁醫生亦加入了本會，出任董事局成員，更曾擔任主席一職，希望以另一身份關顧有需要的病童、康復者及他們的家人。

梁醫生離任在即，大家都千般不捨，紛紛向他送上祝福。在此，衷心感謝梁醫生一直以來的付出，也祝願梁醫生前程錦繡，繼續在其他地方延續永不止竭的愛心，幫助更多病童！

On 26 October, LLWS held a party for Dr. Leung Wing Kwan, who will soon be leaving us. A great number of Dr. Leung's colleagues and our little warriors' parents attended the party to bid him farewell.

Dr. Leung, the Associate Consultant of Paediatrics at PWH, is well known and loved by many for his thoughtfulness and compassion to child patients. Apart from treating patients as a doctor, he is also one of our board members, and has previously served as our chairperson. In this role, he has dedicated his time and effort to the care of our little warriors and their families.

It is sad to know that Dr. Leung is leaving us soon. We offer our most sincere thanks for his dedication through the years, and wish him great success as he continues his unfaltering care for many other children in need.



一眾醫護、家長及同事一起歡送梁醫生
The medical professionals, parents and colleagues joining to farewell Dr. Leung



本會名譽主席成明光醫生代表本會送贈紀念品予梁醫生
Dr. Shing Ming Kong, our honorary chairman, presenting souvenirs to Dr. Leung on behalf of LLWS



陳素晴父母 Parents of Michelle Chan So Ching

梁醫生是一位充滿愛心的醫生，還記得囡囡第一次來醫院，便是梁醫生負責診症，一看便看了六年。當時囡囡需要接受骨髓移植，也是梁醫生將哥哥骨髓合用的好消息告訴我！梁醫生，多謝你一直照顧素晴，祝你未來工作順利，你的囡囡快高長大！

Dr. Leung is an incredibly caring doctor. I still recall that my daughter's first consultation was with Dr. Leung, and he has been with us for 6 years since. My daughter had to receive a bone marrow transplant, and it was Dr. Leung who told us the good news of Michelle's older brother being a match for donation. Dr. Leung, thank you for your continuous care of Michelle. We wish you success in your work and good fortune to both you and your daughter.

梁翁嬰媽媽 Mum of Liang Yung Man

梁醫生非常細心及負責任，在囡囡眼中是最好的，每次若由他負責抽骨髓，囡囡總是非常放心！知道梁醫生要離職，真是捨不得，但都祝願他工作順利，將來能夠幫助更多家庭！

Dr. Leung is very diligent and responsible – the best, in my daughter's opinion. She always feels secure when Dr. Leung performs her bone marrow taps. We are saddened by Dr. Leung's departure but we wish him all the best in his work, and hope that he can support even more families in the future.



唐穎曦媽媽 Mum of Tong Wing Hei

梁醫生是一位仁醫，為人細心，記性一流。猶記得囡囡最初入院時，我情緒幾近崩潰，梁醫生卻特地慰問我。知道梁醫生將離開威爾斯，真的非常不捨。祝願梁醫生事事順利，家庭幸福！

Dr. Leung is a compassionate doctor who is always thoughtful and has impeccable memory. When my daughter was first admitted into the hospital, I was near to an emotional breakdown. Dr. Leung kindly consoled me and gave me much-needed encouragement. Dr. Leung will be greatly missed. We wish him good fortune in everything, and happiness for him and his family

梁醫生，我想
跟你說
Dr. Leung,
my words
to you

蓉蓉醫生 Dr. Yung Yung

慶幸與梁醫生共事七年，梁醫生知識廣博，疼愛病童，為人細心開朗，也教曉我很多東西，絕對是我的好榜樣。希望他未來有更好的發展，多點回來探望我們！

It has been my privilege to work with Dr. Leung for the past 7 years. Dr. Leung is knowledgeable and shows great care for his patients. He is always thoughtful and optimistic, an absolute role model from whom I have learnt much. I wish him great progress in the future. Come and visit us often!



「昆明生命小戰士會」

六一觀影活動 — 小戰士尋找神秘村

Kunming LLWS's Movie Watching Activity at International Children's Day — Little Warriors Seeking the Lost Village

2017年六一兒童節來臨之際，昆明生命小戰士會為小戰士準備了一份兒童節大禮，在距昆明市兒童醫院較近的影院包下專場，邀請小戰士和家長觀看正在熱映的《藍精靈：尋找神秘村》。

影院的工作人員先熱情地帶著參加者參觀放映室，揭開放映室的神秘面紗。之後，每位小戰士都收到影院送贈的藍精靈3D眼鏡，並在義工協助下戴上，投入地觀看電影，沉浸在藍色盛宴帶來的歡樂氣氛。

會噴火的蜻蜓、閃閃發亮的夜光兔，小戰士不禁發出聲聲讚嘆……藍精靈躺在浴缸裡，螃蟹替他們磨指甲，影片裡滑稽的動作，逗得小戰士哈哈大笑。藉著觀看電影，小戰士已然暫時忘卻自己是化療中的孩子，也忘卻疾病的痛苦。在孩子眼中，動畫片代表歡樂，孩子的世界就是這麼純真。

奇趣無窮的動畫形象，驚險刺激的成長故事，讓小戰士感動和鼓舞，這次的六一觀影活動令小戰士和家長都能放鬆身心，好好享受輕鬆的一天！

With the approaching of the International Children's Day in 2017, Kunming Little Life Warrior Society prepared a big gift for their little warriors by buying out an entire theater near Kunming Children's Hospital to take their little warriors and parents to a blockbuster "Smurfs: The Lost Village".

Participants were first escorted by the enthusiastic staff of the cinema to unveil the secret of the projection room. After that, everyone was presented with a pair of Smurfs 3D glasses that they wore with the help of volunteers. Shortly afterwards, they were absorbed in the joyful atmosphere of the movie.

The little warriors were amazed at the fire-spitting dragonfly and the night-shining rabbit and they bursted into laughter when seeing funny postures such as the Smurfs lying in a bathtub and a crab polishing its nail. By watching the movie, the little warriors forgot that they were children undergoing chemotherapy and the pain caused by the disease for a while. In children's eyes, cartoons symbolise joy. Children's world is so pure.

The humorous cartoon images and exciting story about the Smurfs' growth were both touching and encouraging. The movie watching activity was instrumental in helping the little warriors and their parents relax and enjoy a wonderful day.



小戰士戴上藍精靈3D眼鏡準備看電影 Little warriors wearing the Smurfs 3D glasses to watch the movie



參觀放映室 Visiting the projection room



2017活動花絮 2017 Tidbit



1/2017 第三屆步行籌款 The 3rd Fundraising Walkathon

本會舉辦第三屆步行籌款活動「愛童行 • 與小戰士步出新生」，得到不少友好機構、團體及公眾的支持。大家身體力行，與小戰士一同步出新生！

LLWS held our 3rd fundraising walkathon "Walk for Love • Cherishing Little Life Warriors Towards a Brighter Future" and gained support from various organisations, groups and the public. Everyone took part to walk towards a better life with our little warriors.



5/2017 腦前行 2017 Brain Trekking 2017

本會名譽主席成明光醫生及一眾小戰士身體力行支持由香港中文大學王連大腦腫瘤中心舉辦的「腦前行」步行籌款活動，支持腦腫瘤患者及其家屬。

Our little warriors participated in the Brain Trekking organised by CUHK Otto Wong Brain Tumour Centre with Dr. Shing Ming Kong, Honorary Chairman of LLWS to support brain tumour patients and their families.

4/2017 復活搵蛋樂繽紛 Joyous Easter Egg Hunting

本會於復活節舉行掘蛋活動，讓小戰士在沙灘暢玩，參與各式各樣的集體遊戲，又可在沙灘尋寶，各小戰士都滿載而歸！



LLWS held the Joyous Easter Egg Hunting to let our little warriors play at the beach, participate in different party games and search for eggs in the sand. Everyone enjoyed the activity!

5/2017 義工嘉許禮 Volunteer Award Presentation Ceremony

本會舉行義工嘉許禮，邀請長期為本會服務的義工團體及個人義工出席，答謝他們對本會的無限支持。

LLWS held the Volunteer Award Presentation Ceremony and invited volunteer groups and individuals who have served the Society for a long period to attend the ceremony in order to acknowledge their generous support for us.



8/2017 東亞繽紛 Fun 慶回歸嘉年華 BEA Carnival: Celebrating HK's 20th Anniversary

本會帶領小戰士參與由沙田（鄉議局大樓）主辦的「東亞繽紛 FUN 慶回歸嘉年華」，小戰士投入於各式攤位遊戲，玩得不亦樂乎。

LLWS led our little warriors to take part in the BEA Carnival which was organised by Shatin (Heung Yee Kuk Building). Our little warriors could not wait to have a go at different game booths. All of them enjoyed the activity.



10/2017 合唱團表演 Performance of the LLWS Choir

10月8日，生命小戰士合唱團獲邀於 The 13th Congress of Asian Society for Pediatric Research 的閉幕典禮表演，青年組夏威夷小結他成員亦於閉幕典禮自彈自唱一曲。在悠揚的音樂伴奏下，台下觀眾都聽得入神。

On 8 October, the LLWS Choir was invited to perform at the Closing Ceremony of The 13th Congress of Asian Society for Pediatric Research. The Teenage Ukulele Group was also invited to perform one song. The Choir sang their hearts out to the melodious backing music, and the Ukulele Group played with gusto. The audience was absorbed in the performance.



邀稿 Call for Papers

各位康復者及家長，你願意分享自己走過荊棘，活出新生的故事，為尚在病榻的病童及他們的家人帶來安慰和鼓勵嗎？我們歡迎各位投稿，與大眾分享你們的經歷或心聲。你的故事，可能會令意志消沉的人重拾對生命的熱情！

Survivors and parents, do you wish to share your story of how you overcame the difficulties for a better life to comfort and encourage hospitalised child patients and their parents? You are invited to submit your writing to share your story or feelings. Your story can help a depressed person regain the enthusiasm for life!

如欲投稿，請把中文或英文稿件（字數限制 500 – 1500 字）、與稿件相關的照片連同你的姓名、聯絡電話及電郵地址郵遞或電郵予本會。如有查詢，請與本會職員聯絡。

If you are interested, please submit your writing either in Chinese or English (500 – 1500 words), and photos relevant to the writing with your name, contact no. and email address to us by post or email. Please feel free to contact us should you have enquiries.

* 本會保留採用及增刪稿件的權利。LLWS reserves all the rights to use or edit the writing.

新書推介 Launch for a New Book

本會於 7 月出版了《活出新生：傑出小戰士故事集》一書，書中記載了二十五位傑出小戰士的奮鬥故事，他們都曾在兒時患上癌症或嚴重血病，但憑藉不屈不撓的鬥志和樂觀積極的態度，最終都能克服艱苦的歷程，康復後更能自強不息，為理想奮鬥，以求貢獻社會。

LLWS has published a book entitled "Living a Better Life: Stories of Outstanding Little Life Warriors", which records the struggling stories of 25 Outstanding Little Warriors, in July. Although the 25 little warriors had cancer or severe blood disease during their childhood, they finally overcame the hardships with perseverance and a positive and optimistic attitude. After recovery, they could even strive continuously to make new progress and pursue their dreams of contributing to society.

為了鼓勵小戰士及社會大眾，本會將把此書送贈會員。會員只需於辦公室時間內（星期一至五上午 9 時至下午 6 時）親臨生命小戰士會，並即時或提前讚好本會 Facebook 及下載本會的流動電話應用程式，即可領取一本書本，每個家庭限取一本。此外，本書已在各大書局（三聯、商務、中華書局）發售。

In order to encourage little warriors as well as the public to join us, LLWS would like to give the books as a gift to our members. Members can come to our office during office hours (Monday to Friday, 9am to 6pm) and show us that they have liked our Facebook page as well as installed our Mobile Apps to get a copy of the book. Each family is entitled for one copy. The book is also on sale at different bookstores (Joint Publishing, The Commercial Press, Chung Hwa Book Co.).

如對本書有任何查詢，歡迎與本會職員聯絡。Please feel free to contact us should you have enquiries.



小戰士展廊 Little Warriors' Gallery



活動預告 Upcoming Events

復活搵蛋慶新生

Living a New Life – Easter Egg Hunting

日期 Date : 2018 年 3 月 31 日 (星期六) 31 Mar 2018 (Saturday)

生命小戰士會第四屆步行籌款活動

LLWS's 4th Fundraising Walkathon

日期 Date : 2018 年 11 月 11 日 (星期日) 11 Nov 2018 (Sunday)

請密切留意本會的資訊更新，如欲查詢，請與本會職員聯絡。Please pay attention to our news updates! Please contact our staff for more details.



若你更改了個人通訊資料，如地址、電郵或電話，請電 3505 1262 / 3505 3987 聯絡我們。If you have changed your personal contact information, such as your address, email or contact number, please let us know by calling 3505 1262 / 3505 3987.

支持癌症兒童，請捐助 Please Donate to Support Cancer Children

生命小戰士會是一所兒童血液及癌症病人互助組織，由威爾斯親王醫院包黃秀英兒童癌症中心的病童、康復者、家長及醫護人員共同組成，旨在改善對患上癌症、嚴重血病或曾接受骨髓移植的病童提供的服務和促進他們的福利。本會於 2002 年 3 月成立，2009 年 11 月註冊為非牟利慈善機構。

您的捐助，是對這群病童及康復者的關心，更可幫助他們燃點希望，活出新生！請慷慨支持！

Little Life Warrior Society is a childhood haematology and cancer mutual support organisation aiming to promote and improve the services and welfare of child patients with cancer; bone marrow transplant or severe blood disease. It was established by patients, survivors, parents and medical staff of the Lady Pao Children's Cancer Centre of Prince of Wales Hospital in Sha Tin in March 2002, and was registered as a non-profit-making charity organisation in November 2009.

Your donation is the care to our child patients and survivors, and can even bring hope to them to live a better life! Let's show your concern to them!

本人樂意支持『生命小戰士會』，並捐款 (請在合適的□加上 ✓)

I would like to make a donation to support "Little Life Warrior Society" (Please put ✓ as appropriate)

每月捐款 Monthly Donation (只接受以信用卡作出每月捐款 Only payment by credit card is accepted for monthly donation)

HK\$100 HK\$500 HK\$1,000 HK\$2,000 HK\$3,000 其他金額 Other amount HK\$ _____

單次捐款 One-off Donation

HK\$100 HK\$500 HK\$1,000 HK\$2,000 HK\$3,000 其他金額 Other amount HK\$ _____

捐款方法 Donation Methods

劃線支票

Crossed Cheque

支票抬頭請寫『生命小戰士會有限公司』，並連同此填妥表格寄回本會。Please make the cheque payable to "Little Life Warrior Society Limited" and send it, together with the completed form, to us.

銀行名稱 Bank:

支票號碼 Cheque No.:

直接存入銀行戶口

Direct Pay-in

請將存款收據正本連同此填妥表格寄回本會。

Please send the original bank-in slip together with the completed form to us.

請直接將捐款存入『生命小戰士會』其中一個銀行戶口：

Please deposit your donation in one of Little Life Warrior Society's bank accounts:

中國銀行 Bank of China

帳戶編號 Account No.: 012-565-10222974

或 OR

匯豐銀行 HSBC

帳戶編號 Account No.: 015-481617-838

信用卡 Credit Card

(可直接傳真至 2649 7688 You may choose to fax the form to us at 2649 7688)

VISA Mastercard

持卡人姓名 Cardholder's name (英文 In English)

信用卡號碼 Card No.

有效日期 Expiry Date _____ 月 month / _____ 年 year
(最少兩個月內有效 Must be valid within two months)

持卡人簽署 Cardholder's signature

捐款者資料 Donor's Information

姓名
Donor's Name

地址
Address

聯絡電話
Contact No.

電郵
Email

所有 HK\$100 或以上捐款可以免稅。請填妥捐款者資料，以便本會發出收據。All donations of HK\$100 or above are eligible for tax deduction. Please provide the donor's details below for an official receipt.

地址 Address:
香港沙田威爾斯親王醫院包玉剛癌症中心閣樓 M/F., Sir Yue-kong Pao Centre for Cancer, Prince of Wales Hospital, Shatin, Hong Kong

衷心感謝閣下的慷慨支持!
Thank you very much for your generous support!

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印刷份數: 7,000 份 (香港: 3,500 份; 內地及海外: 3,500 份) 7,000 Copies published (3,500 for Hong Kong; 3,500 for Mainland & Overseas)



特別鳴謝養和醫院及養和山村義工隊贊助本會出版本會訊。

Special Acknowledgement to the Hong Kong Sanatorium & Hospital and the HKSH Village Volunteers for sponsoring the publication of this Newsletter.